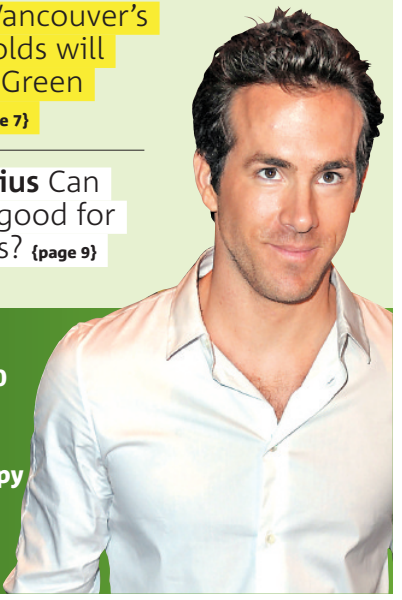
GO GREEN

STARS LIGHT UP COMIC-CON

GREEN LANTERN BUZZ BEGINS

The hero Vancouver's Ryan Reynolds will star as the Green Lantern {page 7}

Comic genius Can comics be good for young boys? {page 9}



VANCOUVER metro®

Monday, July 26, 2010
www.metronews.ca

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Victoria's Ryder rides to seventh

Top Canadian showing in Tour de France since Ontario's Steve Bauer finished fourth in 1988 **Ryder held fourth place through six stages in three-week race**

RAS CZERWINSKI/THE ASSOCIATED PRESS

▶ Victoria's Ryder Hesjedal greets fans during the parade after the 20th and last stage of the Tour de France yesterday. More coverage pages 2, 6 and 14.

JEFF HODSON
@METRONEWS.CA

A Victoria cyclist placed seventh in the Tour de France yesterday, the top finish for a Canadian in the world's ultimate bicycle race in more than two decades.

Ryder Hesjedal, 29, moved up one spot during the final stage to finish 10 minutes behind winner Alberto Contador of Spain.

Hesjedal entered his third tour as a support rider and was not expected to finish in the top 10. The staged race lasted three weeks and covered 3,642 kilometres.

Keeping cool

Don't burn a hole in your wallet

How to beat the heat without breaking the bank as we hit the dog days of summer
Strategic A/C use, shading recommended {page 11}

Seeking change at the midpoint

Reasons and advice for leaping into a new career {page 12}

'It's over for the Love Parade'

Death toll rises after stampede at German music fest {page 4}

Music video for Levi Johnston

Sarah Palin's future son-in-law back in the limelight {page 8}

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1 news

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On the web at metronews.ca

A B.C. driver is dead after hitting a moose on Highway 16. More at metronews.ca/local

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Weekends. Festival

▶ Instructors from Salsa Vancouver give a free lesson on Granville Street yesterday as part of Rediscover Granville 2.010.

KRISTEN THOMPSON/METRO VANCOUVER

Some like it hot at Rediscover Granville

The City of Vancouver has launched Rediscover Granville 2.010 to renew the spirit of community created by the Winter Olympics. Every weekend this summer, Granville Street between Smithe and Hastings streets is closed to traffic for features like free dancing, art lessons, concerts, street hockey, markets and exhibits. For a schedule of events, visit rediscovergranville.com.

Hesjedal peddles Canadian cycling

In 2008, Ryder Hesjedal became the first Canadian to compete in the Tour de France in more than a decade He was voted Canadian cyclist of the decade in 2009

JEFF HODSON
@METRONEWS.CA

Ryder Hesjedal's seventh-place finish at the Tour de France is an inspiration to developing riders in Canada, an official with the Canadian Cycling Association said yesterday.

Chief executive officer Greg Mathieu said the historic finish — the best result for a Canadian in 22 years — puts the program that helped develop Hesjedal "on the map."

"It's really a stimulus for the Canadian road-cycling program," Mathieu said. "It shows other people who are developing that a Canadian rider can be in the top 10 in the world at the ultimate event."

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The 29-year-old Victoria native entered this year's tour, his third, as a support rider for his team's star, Christian Vande Velde, who withdrew after the second stage due to a pair of broken ribs.

Hesjedal should return to compete in Canada when the world's best riders and teams converge in Quebec for a pair of UCI ProTour events on Sept. 10 and 12.

The Grand Prix Cyclist de Québec (Sept. 10) and the Grand Prix Cyclist de Montréal two days later will be the only ProTour events in North America.

Mathieu said Hesjedal racing in the Tour de France is an "incredible athletic accomplishment" and the dream of Canadian cyclists who begin road racing.

Woman sought after painting theft

Vancouver police are looking for the public's help after a painting was snatched from the rest home of a 105-year-old woman.

The painting, described as a Manet-style Emil Zola portrait, was stolen July 14 when a woman walked into the home with flowers and a large flat box to carry the painting.

She is described as 30 to 35 years old, heavyset with shoulder-length, dirty-blond hair.

METRO VANCOUVER

Park reopens in DTES

Oppenheimer Park in the Downtown Eastside has reopened to the public.

The upgrades, which include a new field house and washrooms, cost $2.5 million.

METRO VANCOUVER

Police warn of advertising scam

Police in North Vancouver are warning of a fraud artist stealing people's money after offering to sell advertising space on billboards at local ice rinks.

"Never having obtained any right to sell the advertising space, the suspect pocketed the money businesses paid him and hasn't been heard from since," said Cpl. Peter DeVries.

"Investigators are concerned that the suspect may have victimized other business owners."

KRISTEN THOMPSON

Stabbing victim in critical condition

Suspect remains in police custody He faces assault and weapons-related charges

KRISTEN THOMPSON
@METRONEWS.CA

A 37-year-old Vancouver man is in critical condition in hospital after being found stabbed in the chest in a Downtown Eastside alley early yesterday morning.

"Police officers found that the man had no pulse and performed CPR and immediate first aid," said Const. Lindsey Houghton.

"A pulse was regained and B.C. Ambulance arrived, rushing the victim to hospital for emergency surgery."

Officers set up containment and arrested a suspect, a 22-year-old New Westminster resident, in the 600 block of Quebec Street.

Separate case

- Surrey police found a man stabbed near 140th Street and 16th Avenue early yesterday morning.
- The victim was treated for non-life-threatening injuries.
- No suspect was arrested.

Yalakom Valley. Blaze

▶ A helicopter dumps fire retardant on a blaze in Yalakom Valley.

KAYLA PEPPER/B.C. WILDFIRE MANAGEMENT BRANCH

Wildfire fight continues

About 85 area residents were on evacuation alert yesterday as 100 firefighters battled a wildfire in the Yalakom Valley near Lilooet. Hot and dry weather conditions have fanned the 600-hectare blaze, which was started by lightning on Wednesday. The wildfire was 15 per cent contained last evening.

Police pour out plenty of booze at fireworks

6 The Vancouver Police Marine Unit inspected 60 boats on Saturday, turning away six for safety violations such as not having enough lifejackets.

There were 565 liquor pour-outs and nine arrests for public intoxication during Saturday's Celebration of Light festival, according to Vancouver Police.

Crowds were heavier than Wednesday night, as expected, said Const. Lindsey Houghton.

He added four weapons consisting of a pellet gun, a baseball bat and two containers of bear spray were seized.

NATASHA POON

Two in court after violent robberies

A man and a woman are in court this morning after violent robberies in North Vancouver that left two people injured.

A 74-year-old woman ended up with a broken leg, while Bonita Anderson, 60, suffered serious cuts to her head after trying to stop one of the robberies.

Justin Peltier, 27, and Tammy Condo, 36, face aggravated assault and robbery charges.

METRO VANCOUVER

B.C. RCMP

▶ Anderson received eight staples to close the cut.

already started the grill?
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MP helps rescue woman

Industry Minister Tony Clement is urging swimmers to be careful after he dove into a churning river to help rescue a drowning woman.

"It's great that people enjoy our lakes and our rivers, we're so blessed to have them, but people have to be careful," he told the Canadian Press yesterday.

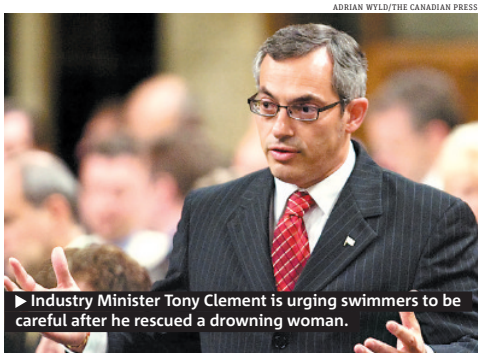
The Parry Sound-Muskoka MP was having dinner at his Port Sydney home, about 200 kilometres north of Toronto, Saturday when he heard a frantic knocking at his door.

"We heard this banging," he said. "This young woman was hysterical, screaming that her friend was in the water and drowning."

The MP, who now has a sore neck and back, said the experience saw his community come together in a time of need.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



▶ Industry Minister Tony Clement is urging swimmers to be careful after he rescued a drowning woman.

SOMALIA

Journalist will not return

An Alberta journalist who was held prisoner in Somalia is never going back there, but the scholarship program she has set up for girls in the poverty-stricken country could bring change.

Amanda Lindhout says 11 young Somali women have been selected to go to one of six different institutions in the country. She hopes she will be able to raise enough money to have 100 women studying in four years time.

Originally, she and the Global Enrichment Foundation panel members had planned on picking 10 women as the first scholarship recipients, but she says there were too many good applicants.

THE CANADIAN PRESS

Love Parade deaths reach 19

Chancellor Angela Merkel voices shock that an event to celebrate youth turned so deadly

The death toll rose to 19 yesterday and police said 342 had been injured in a panicked crush of partygoers in an overcrowded tunnel that served as the sole entrance to a German festival billed as the world's largest techno music party.

The founder of the Love Parade said it would never be held again.

"The Love Parade was always a peaceful event and a happy party" but would forever be overshadowed by the tragedy, Rainer Schaller said. "It's over for the Love Parade," he said.

He spoke at a press conference where authorities faced tough questions, but provided few details, about why hundreds of thousands of people were funnelled through a single highway underpass into the former freight railway station used to host the party.

16 of the 19 people killed at the party have been identified so far, according to police.

German media reported there were at least 1.4 million people, but police did not confirm that estimate.

Witnesses said officers in Duisburg, a city near Duesseldorf in western Germany, closed the end of the tunnel emptying onto the festival grounds after they became overcrowded around 5 p.m.

They told revellers over loudspeakers to turn around and walk back in the other direction. But the entrance to the tunnel did not appear to have been closed and people continued piling in, sparking a panic and then a deadly crush.

THE ASSOCIATED PRESS

FRANK AUGSTEIN/THE ASSOCIATED PRESS

▶ A woman places a candle yesterday at the accident site of the Love Parade in Duisburg, Germany. At least 19 people died after a stampede at the music festival Saturday.

i-dosing just a placebo: Expert

Are kids really, actually, getting high these days by listening to MP3s on their computers?

The phenomenon of so-called digital drugs — or i-dosing — has been spreading like wildfire around the Internet and the international press in recent weeks.

Apparently, a set of headphones and a trippy digitally-crafted song is all you need to achieve a state of imaginary ecstasy not unlike the one from consuming illicit drugs.

But here's the assessment from scientific experts: Pssst, kid, ever heard of the placebo effect?

It's apparently nothing more than an acoustic illusion and there is no scientific basis to prove the purported effects of i-dosing.

Binaural, or two-tone, technology — created by playing a different tone in each ear to create the auditory illusion of a beat — has been around since its discovery in 1839.

The claim is that the sounds serve to alter one's brainwaves and, by extension, a person's mental state.

Not so, says Robert Zatorre.

"It doesn't really do anything to the brain," said Zatorre, professor of neuroscience at McGill University in Montreal.

"It does the same thing to the brain if you're standing looking at a pendulum swinging back and forth. You get stimulation from the right, then from the left.

"That's about it."

THE CANADIAN PRESS

News in brief

▶ Vladimir Putin

Putin salutes exiled spies

ESPIONAGE. Vladimir Putin says he met with the Russian spies who were expelled from the United States, joining them in singing an unofficial KGB anthem and promising them good jobs and a bright future back in their homeland.

Russia's prime minister said late Saturday he recently got together with the 10 sleeper agents, without saying when or where. The agents were deported from the U.S. earlier this month in the biggest spy scandal since the Cold War.

THE ASSOCIATED PRESS

Python at large in Ont.

WILDLIFE. A metre-and-a-half long snake, possibly a python, is on the loose in London, Ont.

Police say they saw the snake Saturday when they responded to a call around 11:15 p.m., which one officer believed was a python.

Officers attempted to contain and grab the snake, but it slithered under the front steps of a vacant home.

THE CANADIAN PRESS

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Outlook riding on Q2 results

U.S. firms began reporting second-quarter earnings last week U.S. results bode well for recovery

Canadian corporate earnings will be under the microscope this week as investors determine whether the economic recovery is starting to lose steam, or if there's still reason to remain optimistic.

Some of the country's biggest companies are slated to report second-quarter results with much of the parade to start tomorrow.

"At some point the game is over, so to speak, in that there's only so many costs that can be cut."
JULIETTE JOHN, PORTFOLIO MANAGER

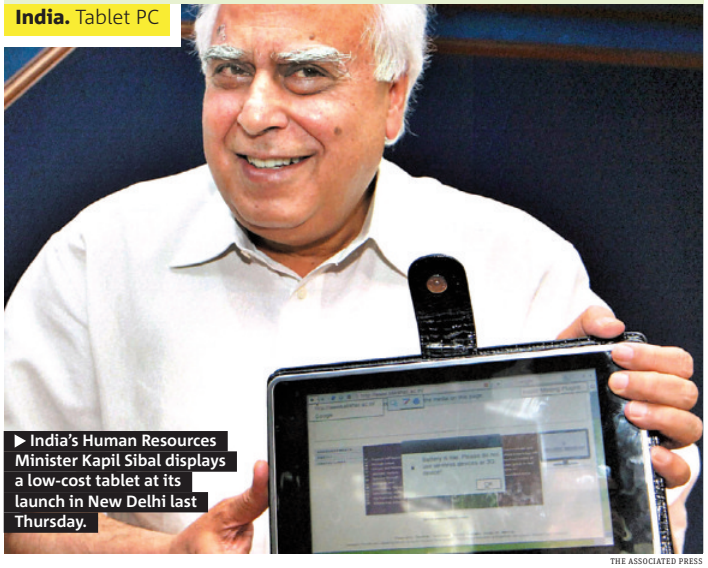
First up are CGI Group Inc. and Teck Resources Ltd., while Wednesday will mark a diverse slate ranging from media company Torstar Corp. to mining giant Goldcorp Inc.

Analysts will be sifting through the details of the financial reports to find the true signs of strength for the remainder of the year.

Revenue will be key for markets to gain sufficient optimism, suggested Juliette John, portfolio manager at Bissett Investment Management in Calgary.

THE CANADIAN PRESS

India. Tablet PC



▶ India's Human Resources Minister Kapil Sibal displays a low-cost tablet at its launch in New Delhi last Thursday.

THE ASSOCIATED PRESS

India touts $35 answer to iPad

It looks like an iPad, only it's 1/14th the cost: India has unveiled the prototype of a $35 basic touchscreen tablet aimed at students, which it hopes to bring into production by 2011. The government is looking for a manufacturer for the Linux operating system-based computer.

Over 100 U.S. banks shut down already this year

U.S. bank failures this year have surpassed a bleak milestone of 100 as regulators shut down banks in Georgia, Florida, South Carolina, Kansas and Minnesota.

The five bank seizures announced Friday bring to 101 the failures so far in 2010. The pace of bank closures this year is well ahead of that of last year, which saw a total 140 banks shuttered amid the recession and mounting loan defaults.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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			Gold contracts $1,187.80 (Friday)

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RYDER SPINS INTO CANADIAN'S HEARTS

Urban Compass

PAUL SULLIVAN

Today, Canada celebrates Ryder Hesjedal, the guy who just finished seventh in the Tour de France, bicycle racing's biggest annual event.

Ryder who? Seventh? Who cares about someone who placed seventh somewhere in France? Who cares? You should, because Ryder Hesjedal is a made-in-B.C. phenomenon, only the fifth Canadian ever to ride in the Tour de France, the bike race from hell.

The more you learn about the Tour, the more you realize what a big deal seventh place is. The race is 22 days long, each stage averaging 187 kilometres, coursing through two mountain ranges. This year, Stage 17, where Hesjedal came fourth, featured the legendary Col du Tourmalet, the highest road in the Pyrenees: A 36-kilometre climb up 1,645 metres of elevation. Add treacherous switchbacks, fog, mist and the world's best cyclists jockeying for position, and this unknown guy from Victoria places in the top five.

Just for the record, Spain's Alberto Contador won the race, but Hesjedal has captured the hearts of Canadian cycle fans, and why not?

For one thing, Hesjedal came to pro cycling in a very West Coast way — he started racing mountain bikes when he was 14, and after losing the world championship in 2003 to a guy who was busted for doping at a later event (which means Hesjedal is probably the legitimate 2003 world mountain bike champ), he turned road bike pro.

"It was his performance that had announcers around the world reaching for their pronunciation guides: Hesjedal?"

Until this year, his role was to ride as a "domestique," as they're called on the Tour, basically to act as a wind break for the team star. But when star Christian Vande Velde crashed early and pulled out of this year's race, Hesjedal got the go-ahead to compete for the "maillot jaune," the winner's yellow jersey. And compete he did. He almost won the 213-kilometre Stage 3 (complete with 13 kilometres of cobblestones, just for fun), fighting off superior sprinters until the very end.

It was his performance that had announcers around the world reaching for their pronunciation guides: Hesjedal? (Hesh-je-dal, emphasis on the second syllable), and as the tour wore on, he never had a bad day. And today, Ryder Hesjedal is our tour champion. No offence, Alberto Contador.

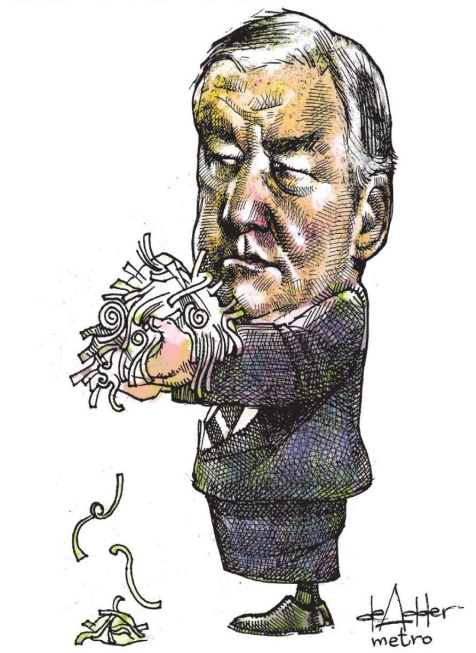
In a world where guys named Andrew Alberts make the NHL minimum $550,000 a year for riding the bench, Ryder Hesjedal restores the balance. And at 29, he's now reaching the peak of his pro capabilities. This year, seventh. Next year, the maillot jaune?

Allez, Ryder, allez!

Cartoon

MICHAEL DE ADDER

CONRAD BLACK FINDS HIS CANADIAN PASSPORT:



Don't worry, be happy

Letters & Tweets

We asked: Finish this line: To be truly happy you must ... ?

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LORIANNE GLASSFORD

TORONTO. To be truly happy you must first experience true sadness, because only then can you really understand what it means to be happy. One cannot exist without the other.

SCHWARZER KREIG

Re: Cop seems to push woman in video (July 23)

VANCOUVER. It's a sad reflection on the attitudes in our society that media producers … feel the need to dig out every police mistake they can find and make it headline news.

What about the story of the police officer who risks their life every day to remove attackers and rapists from the streets ... leaving us safe to sit in Starbucks, sipping our lattes and condemning the police on what a disgrace they are?

JAMES MURPHY

Turn the world on with a smile

CONTRIBUTED

What book would you like to see made into a movie?

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Metro Minute with Le Jazz Hot

Some of the stars from the cast of Disney's The Lion King will be singing up a storm with an old-style benefit cabaret tonight at the Arts Club's Revue Stage on Granville Island.

The speakeasy-themed show is called Le Jazz Hot and will raise money for the YouthCO AIDS Society and the National Congress of Black Women Foundation's Vancouver chapter.

The intimate showcase is a one-night-only event, but you can see the singers perform in The Lion King at the Queen Elizabeth Theatre until Aug. 8.

For tickets, call 604-629-8849 or visit vancouvertix.com.

The show starts at 7 p.m.

● **JENNIFER O'CALLAGHAN**

ETHAN MILLER/GETTY IMAGES

▶ The Lion King cast members are taking part in a special fundraiser tonight.

Stars of latest superhero project present movie clip at Comic-Con ◆ Thousands of sci-fi and comic book fans greet Harrison Ford with standing ovation ◆ Many convention-goers camped out overnight to see exclusive clip of new Harry Potter movie

KEVIN WINTER/GETTY IMAGES

▶ Actor Ryan Reynolds, left, and actress Blake Lively speak onstage at the Green Lantern panel discussion during Comic-Con 2010 in Sand Diego over the weekend.

Stars stoke new Green Lantern at Comic-Con

Ryan Reynolds says he took the title role in Green Lantern to play a hero that can "throw a punch, tell a joke and kiss a girl."

The actor, along with castmates Blake Lively, Peter Sarsgaard and Mark Strong and director Martin Campbell, presented a clip from the film at Comic-Con Saturday for some 6,000 ecstatic fans, many of whom camped out overnight for a chance to see the presentation.

Campbell says the 3-D movie blends realistic action with humour and an otherworldly trip to the planet Oa, home of the Green Lanterns. He added that while the hero's costume is "a work in progress," his cinematic story is set: He is joined by his fellow Green Lanterns for a face-off against Parallax, whom Reynolds describes as "the physical manifestation of fear in our movie."

The clip showed Reynolds as Hal Jordan, who, after a fight with street thugs, takes the Green Lantern oath and uses his new powers to blow them away. Reynolds recited the oath for the Comic-Con crowd, which rewarded him with cheers.

The cast seemed to embrace the Comic-Con energy, and revealed which characters they'd dress up with if they could walk the convention floor. Reynolds would go as a Wookie because he likes to "be cute and dangerous." Lively would dress as Harry Potter and Sarsgaard would go as Captain America. Strong said he'd dress as his Green Lantern character, Sinestro.

Green Lantern opens in June.

THE ASSOCIATED PRESS

Going Green again

DC Comics chief Geoff Johns hinted that other Green Lantern films, and a Justice League movie, could follow: "The success of Green Lantern will lead the charge for everything DC does."

THE ASSOCIATED PRESS

Ford gets standing ovation

It was as though Han Solo himself had stepped into the San Diego Convention Center.

Harrison Ford made a surprise appearance at Comic-Con Saturday, and the crowd of some 6,000 sci-fi and comic book fans greeted him with a sustained standing ovation unmatched by any other during this year's event.

Two security guards playfully brought him out in handcuffs.

The Star Wars hero smiled bashfully, seemingly moved by the warm welcome. THE ASSOCIATED PRESS

New Potter clip draws big crowd

Beloved boy wizard Harry Potter comes face to face with Voldemort in the first cinematic instalment of Harry Potter and the Deathly Hallows.

Actor Tom Felton shared an exclusive clip of the forthcoming film Saturday with about 6,000 convention-goers at Comic-Con. Many of them camped out overnight for a chance to see the footage.

THE ASSOCIATED PRESS

KEVIN WINTER/GETTY IMAGES

▶ Samuel L. Jackson

Avengers hit the stage

Comic book got the chance to see all their favourite superheroes in one place Saturday at Comic-Con.

Samuel L. Jackson surprised fans when he stepped out to introduce the cast of The Avengers.

Jackson brought out stars Clark Gregg, Scarlett Johannson, Chris Hemsworth of Thor and Chris Evans of Captain America.

THE ASSOCIATED PRESS

2 scene

News in brief

Veteran film and Broadway actor Alfred Molina is joining the cast of Law & Order: Los Angeles, which debuts this fall as the newest member of the NBC crime drama family.

Molina will play Deputy District Attorney Morales, said Dick Wolf, creator and executive producer of the series nicknamed LOLA that will air on Wednesday nights.

THE ASSOCIATED PRESS

Betty White enjoying newfound 'Hot' status

Levi Johnston set to star in music video

Sarah Palin's future son-in-law is hitting the limelight in upcoming music video In it, he plays lover who's girlfriend's mother disapproves

Levi Johnston is set to make his music video debut.

Levi Johnston will make his music video debut as a lover whose romance is thwarted by his girlfriend's disapproving mother, according to a Universal Music Group record label and Johnston's attorney.

Johnston, 20, who is Bristol Palin's fiancé, has agreed to appear in the video with singer-songwriter Brittani Senser next month in Los Angeles.

The project is based on the song After Love by Senser, 26, an R&B and pop performer.

"He's looking forward to doing it," Rex Butler, Johnston's attorney in Anchorage, Alaska, said Friday.

According to a written description of the video's storyline, the couple share tender moments before they are driven apart by the woman's mother.

Johnston recently become re-engaged to Palin, 19, daughter of former Republican vice-presidential candidate Sarah Palin.

Bristol has said her mother doesn't support the couple's marriage.

Johnston and Senser are scheduled to shoot the video on location in Los Angeles on Aug. 9,

THE ASSOCIATED PRESS

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Teen heartthrob Justin Bieber will make his acting debut.

Bieber to be CSI guest star

Justin Bieber will make his acting debut on the upcoming season premiere of CSI, and the show's producers say his appearance will be "true event television."

Bieber plays a troubled teen who has an "explosive confrontation" with investigators after facing a tough decision regarding his only brother.

CBS promises his role will evolve into a continuing storyline that will be revisited later in the season. The show's executive producers call Bieber a phenomenon, the likes of which only come around "every 20 years."

On Thursday, Bieber alluded to his first acting role on his Twitter account and said he was working with an acting coach.

THE ASSOCIATED PRESS

Casey Affleck faces sex lawsuit

A producer is suing Casey Affleck for "uninvited and unwelcome sexual advances in the workplace" during production for his documentary about Joaquin Phoenix.

Amanda White's suit claims that "Affleck repeatedly referred to women as 'cows,' he discussed his sexual exploits and those of other celebrities that he allegedly witnessed and asked [White], after learning her age, 'Isn't it about time you get pregnant?'"

Affleck's lawyer dismissed the allegations as "without merit."

METRO

Celebrity tweets

Paris Hilton [@Paris Hilton]
Having the time of my life in St. Tropez! Best summer ever!

Courtney Love [@CourtneyLoveUK]
omg, I hate it there. I have an allergy to St. Tropez.

Rain Wilson [@rain wilson]
Except for four or five people, I hope everyone in the world is having a great weekend.

Lohan could be free in days

Though originally sentenced to 90 days behind bars, Lindsay Lohan will reportedly be out of prison before August.

After reviewing a petition submitted by Lohan's attorney, Judge Marsha Revel has agreed to grant the troubled actress two days' credit for the time she was in custody, cutting Lohan's already reduced sentence to just 12 days.

Her team is reportedly working on getting her stay reduced even further.

Lohan had to spend a few days in the same cell block as Alexis Neiers, accused of burglarizing Lohan's home. Neiers was released over the weekend.

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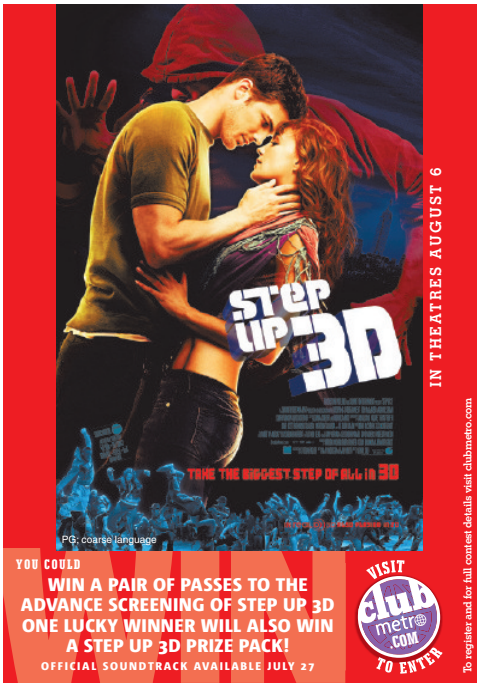
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School reading lists feature books that often don't appeal to boys ◗ Parents, teachers need to be open to new concepts of literature to reach out to young males ◗ In the end it doesn't matter what boys read, as long as they are reading

Tap the potential of Comics for boy readers

▶ Studys show that on average boys read less than girls. One solution is to find more books, comics and graphic novels that appeal to young males and gets them excited about reading.

"Young boys are generally less interested in reading and enjoy reading less than girls do, which has resulted over the last few decades in poorer achievement in reading for boys"
JARRETT LAUGHLIN

Although often dismissed as light and "sub-literate" fare, comic books should be getting more respect from parents and educators who want to encourage boys to read, a new report suggests.

Surveys show that many educators consider comics unsuitable as reading material, says the report released Wednesday by the Canadian Council on Learning.

The article summarizes various findings from around the world and comes to the conclusion that comics and graphic novels are more than just funny books — they have untapped potential to improve literacy among young males.

"What we do know is a couple things," Jarrett Laughlin, a senior research analyst at the council, said in an interview.

"Young boys are generally less interested in reading and enjoy reading less than girls do, which has resulted over the last few decades in poorer achievement in reading for boys."

"(This) might be because their literature interests are not necessarily well represented in schools and-or in the home."

He noted that boys prefer to read fantasy, non-fiction and comic books. Three in four boys of elementary school age report reading comic books, compared to only 50 per cent of schoolgirls, he added.

The council's report said that lack of reading enjoyment can contribute to persistent reading difficulties and an increasing disparity between successful and struggling readers.

If struggling readers grow to adulthood without the problem being addressed, they can face consequences in their daily lives and in the workplace.

Laughlin said research suggests comic books can play a role in improving literacy for young boys — and educators are beginning to see them as a learning tool.

"They're supportive and helpful for beginning readers, they help improve reading development among second-language learners and those with reading difficulties, simply as that extra illustration helps provide those contextual clues when children are learning to read."

He also lauded the B.C.-based non-profit Healthy Aboriginal Network, which sells comics aimed at First Nations youth on topics like mental health, suicide awareness, dropping out of school and diabetes awareness.

THE CANADIAN PRESS

Grossing out boys is the way to reach them

Can fart jokes save the reading souls of boys?

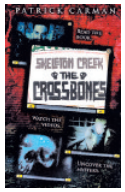
You better hope so.

Boys have lagged behind girls in reading achievement for more than 20 years, but the gender gap now exists in nearly every state in the U.S. and has widened to mammoth proportions — as much as 10 percentage points in some, according to the Center on Education Policy.

"It certainly should set off alarm bells," said the centre's director, Jack Jennings. "It's a significant separation."

Parents of reluctant readers complain that boys are forced to stick to stuffy required school lists that exclude non-fiction or silly subjects, or have teachers who cater to higher achievers and girls. They're hoping books that exploit boys' love of bodily functions and gross-out humour can close the gap.

The angst among parents, teachers and librarians has been met by a steady stream of sports and historical non-fiction, potty humour, bloodthirsty vampires and action-packed graphic novels, fantasy and sleuthing.



Butts, farts. Whatever, said Amelia Yunker, a children's librarian in Farmington Hills, Mich. She hosted a grossology party with slime and an armpit noise demonstration. "Just get 'em reading. Worry about what they're reading later."

Adding online tie-ins or packaged prizes like the steady-selling 39 Clues series has publishers meeting young readers halfway.

Patrick Carman has gone a step further with his wicked creepy Skeleton Creek series from Scholastic. The upper-grade books use password-protected websites to alternate book text and quick fixes of shaky, hand-held video. To follow the story, reading and watching online are both required.

"We're meeting them halfway," Carman said. "It's the idea that these books understand where they're at."

THE ASSOCIATED PRESS

3 life

Recommendations

In terms of reading material to get boys started, the Canadian Council on Learning asked the Toronto comic shop The Beguiling to offer some graphic novel and comic book suggestions for young readers. Here are the recommendations:

- Melvin Monster by John Stanley. Follows the adventures of Melvin, a young monster who wants to go to school, do homework and play with his friends.
- Bone by Jeff Smith. The series follows the journey of the Bone cousins, who are separated from each other after being cast out of their town and eventually reunite to save the world.
- Sardine in Space by Joann Sfar and Emanuel Guibert. Short stories of swashbuckling outer-space action featuring Sardine, her cousin Little Louise and her uncle Captain Yellow Shoulder.

THE CANADIAN PRESS

ScanLife
What's a parent to do when teens want piercings or tattoos and you're opposed?

Bringing home the bacon

LARRY CROWE/THE ASSOCIATED PRESS

4portions
Prep and Cook time: 15 min.

▶ Double Chicken Club With Saffron Aioli.

▶ It's considered a health hazard. So what's a bacon lover to do? ▶ Read the labels and try poultry-based bacons ▶ Even a little bit of bacon goes a long way

Ingredients :
- Pinch of saffron threads, crumbled (4 to 5 threads)
- 10 ml (2 tsp) warm water
- 125 ml (1/2 cup) reduced-fat mayonnaise
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) minced garlic
- Ground black pepper, to taste
- 170 g (6 oz) chicken or turkey bacon
- 8 slices whole-grain sandwich bread
- 250 g (8 oz) sliced cooked chicken breast
- 500 ml (2 cups) arugula or leaf lettuce
- 1 large tomato, sliced
- 1/2 small avocado, sliced (optional)

This double chicken club sandwich with saffron aioli makes a great packed lunch or light supper for a busy school night. It has a sophisticated flavour adults will love, but can easily be tailored to younger tastes by using lettuce rather than arugula and subbing plain mayo for the saffron aioli.

When shopping for the bacon look for centre-cut varieties, which often have less fat and fewer calories per serving than the regular stuff. Low-sodium variations are available as well.

And consider poultry-based bacons, which can be surprisingly good. Just be sure to read the labels and compare the amounts of fat, saturated fat and sodium. Some turkey bacons, for instance, have as much fat per serving as pork varieties.

Preparation:

1. In a small bowl, combine saffron and warm water. Let stand for 5 minutes.
2. In a blender or mini food processor, combine saffron mixture, mayonnaise, lemon juice, mustard and garlic, then blend until smooth. Season with pepper. Set aside. The aioli can be stored, covered, in the refrigerator, for up to 1 week.
3. Cook chicken bacon according to package instructions. Toast bread.
4. To assemble sandwiches, spread some of the saffron aioli on each piece of toast. Divide bacon, sliced chicken breast, arugula, tomato and avocado (if using) among 4 slices of toast; top with remaining toast.

THE ASSOCIATED PRESS

Superfood: Spinach

Spinach, yes the leafy green stuff you shove to the side of your plate with your fork (the burger waiting seems so much yummier right now) — well this green is bursting with the yellow anti oxidant pigment, Lutein. A daily intake of 10 mg is thought to help better perception of contrasts and resistance to glare. 100g a day should keep you dewy and bright eyed. Beats eye drops any day.

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Are you a parent of an inactive teen (aged 13-16)?

Do you find it hard to motivate your child to be physically active?

If so, you may be eligible to take part in a research study (and receive $30).

We are looking to recruit parents of adolescents and their adolescent children (aged 13-16) to take part in a study that examines the role of parents in the promotion of adolescent physical activity. Both you and your child will complete questionnaires on 2 separate occasions (over an 8 week period) and you will also be invited to take part in a parenting program that supports your role as a parent and aims to foster physical activity with your child. Only adolescents who do not meet current physical activity guidelines (i.e., less than 150 minutes per week of moderate to vigorous physical activity) will be eligible to participate. You will receive $30 for taking part. In addition, you will be providing important information that will enable the development of future parenting programs in British Columbia, designed to support parents in the promotion of physical activity with their adolescent children.

If you would like to participate in this study then please contact Katie Morton (project coordinator) by e-mail: katiemorton84@gmail.com or by phone: 778-316-2619.

UBC

A guide to happy eating

You may be determined to eat right to lose weight or improve your health, but did you know that the foods you choose could also make you happier?

"The connection between food and mood has long been known, but we've come a long way in understanding how new foods can speed the process of helping you feel better by eating right.

"There are simple ways to tweak your diet that can have profound effects on how good you feel and how consistent your mood is, even while you lose weight and improve health," says registered dietician, Elizabeth Somer, author of the book, Eat Your Way to Happiness. Somer offers the following ways to eat your way to a newer, happier you.

Make breakfast a natural high

Even a four-hour lag between meals leaves some people feeling shaky and grumpy because they're essentially running on fumes. Re-stock your fuel stores in the morning with healthy foods, and your body, mind and energy will repay you throughout the day. Use the 1-2-3 rule to create an energy-building combination: No. 1, eat at least one serving of high-fibre carbs such as 100 per cent whole grain cereal or bread; No. 2, eat two servings of fruits and veggies, such as a banana and vegetable juice; and No. 3, add a third, protein-rich food such as a whole egg, lean meat, or fat-free or low fat milk.

▶ A healthy breakfast is the best way to start your day.

Embrace the "good" fats

You may have heard about the importance of incorporating good fats such as omega-3s into your diet. However, all omega-3s are not created equal. For example, the form of omega-3 found in flaxseeds and walnuts (ALA omega-3) helps lower your heart disease risk, but does not offer the brain-boosting benefits of DHA omega-3, which helps you feel great, think fast and stay mentally sharp. The more DHA omega-3 you eat, the more it is incorporated into brain cells, the more flexible your brain cell membranes become, the better you think, the more you remember and the happier you are.

Almost 97 per cent of the omega-3s in the brain are DHA, which is why this fat is so important in lowering the risk of depression and dementia. Yet, most consumers don't get enough of this nutrient. Fatty fish like salmon are good dietary sources of DHA. But if you're vegetarian, don't like fish or are concerned about mercury levels in seafood, there are products available that are made with sustainable, algae-based DHA.

Eat right at night

If you start the day with the right foods, be sure to end it with the right foods. How well you sleep has a huge impact on your mood, energy level and weight. It takes your system hours to digest a large meal, making it difficult to completely relax into a deep sleep. Keep the evening meal light and low-fat and eat no less than three hours before bedtime, and you're more likely to sleep like a baby all night.

By following these simple tips, you'll not only feel better and more energized, but your mood will lift and you'll be a newer, happier you.

NEWS CANADA

Cooling your cash in a heat wave

Learn the little things that can help you can beat the summer heat, without breaking the bank

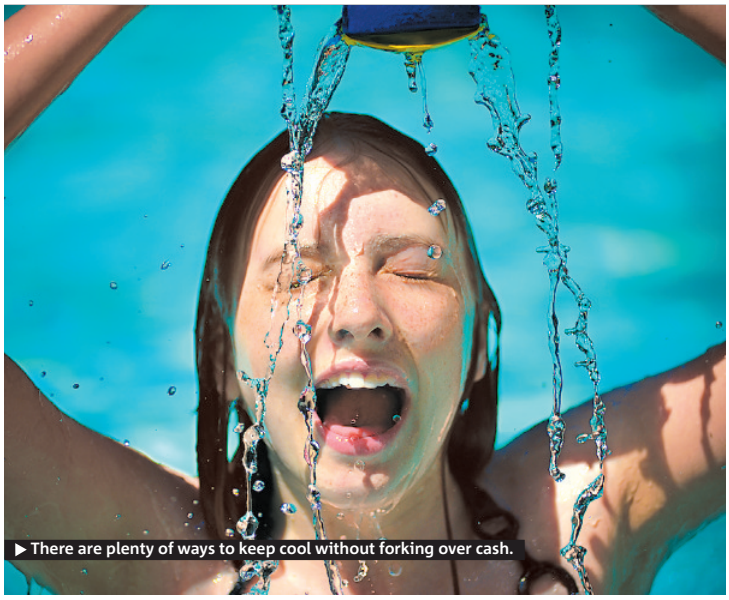
BEN KNIGHT
GREEN@METRONEWS.CA

Many people think energy conservation goes out the window during a heat wave.

The temperature soars, and all the air conditioners work overtime.

Almost all of Canada was gripped by sweltering, sluggish weather recently, and likely will be again before the summer ends.

So here are some expert tips on beating the heat — without breaking the bank.



There are plenty of ways to keep cool without forking over cash.

Strategic air conditioner use

"In my home, we close the vents in the basement because it is typically cooler there anyway," says Dave Walton, director of home ideas for Direct Energy.

"In a two-storey home, most people get a warm spot upstairs because cold air falls down. So by limiting the number of vents that are open, in rooms where you don't really need the air conditioning flowing, that will encourage the flow of the cold air up to the top floor."

He also recommends using a programmable thermostat, which can let your home warm up when you're out, reactivating the A.C. before you return.

Blinds and curtains

"Use your shading and drapes strategically, so the sides of your home that get direct sunlight are protected," recommends Simi Heer, a Power Smart spokesperson at BC Hydro.

"Drapes can block up to 65 per cent of the heat that would otherwise enter your home. If you want, you can even take it a step farther and install an external shade screen on the outside of your window. This will block up to 95 per cent of the heat."

Home Energy Assessments

"These inspections give your a home energy-efficiency rating," Walton says.

"The auditor can show you where all the air leaks are in your home — through windows, the underside of doors, things like that. The real value here is homeowners get a customized energy-efficiency report for their homes. This gives them the opportunity to make changes and improvements."

The assessment may make you eligible for government energy rebates, as well. You can find out more at oee.nrcan.gc.ca

Know your city

The thermometer says: This summer's soaring temperatures should feel familiar to residents of B.C.'s lower mainland. A year ago this week, on July 28, 2009, Vancouver sweltered through its hottest day in recorded history. Environment Canada says thermometers peaked at a scorching 33.8 C degrees late that afternoon, melting the old record of 33.3 C, recorded in 1960.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

DON'T FLUSH AWAY YOUR OLD MEDICATIONS

QUESTION:
What's the best way to get rid of old medications?
Alex,
Edmonton, Alta.

The next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either. The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our drinking water.

And you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens?
Julia,
Halifax, N. S.

Unfortunately, there are chemicals of concern in sunscreens. This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben.

All are widely used in cosmetics as a synthetic preservative. To choose a safer brand check this sunscreen guide. hewg.org/2010sunscreen/

TRANSLINK

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Additional information regarding TransLink's Board of Directors can be obtained at www.translink.ca. To express your interest in this position, please email your resume to resumes@watsoninc.ca by August 7, 2010.

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Switching it up at the midpoint of your career?

Individuals seeking mid-career change can dive into new professions

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Rosemary Thompson was a veteran journalist who worked for years with CTV News before deciding to take on her current job with the National Arts Centre as director of communications and public affairs.

Rosemary Thompson has been on the front lines covering some of the biggest news stories in recent memory from the Quebec referendum to the Sept. 11 attacks.

But after 22 years, the veteran journalist, who has posed questions to countless newsmakers, turned the tables and asked a key one of herself when it came to her career: "What's next?"

"I think for me it was a sense of I wanted to build something rather than just cover something," said Thompson.

There was also what Thompson describes as a "huge personal side" to the issue — the adoption of daughter Jasmine from China almost three years ago.

The award-winning reporter, who also has a 15-year-old son, Louis, said as much as she loved her work, she recalled having to carve out time to take days off to ensure she was there for birthday parties and other important days and she desired a little more flexibility in her life.

Last year, she stepped away from her position with CTV to take on a new role as director of communications at the National Arts Centre.

For individuals contemplating a mid-career change, experts say there are many questions that need to be addressed before taking the leap.

Vickie Townson was nearing 50 and working as a law clerk when she began feeling she didn't want to continue in the position.

"When I looked ahead, I wanted to do something that was more fulfilling for me," she recalled. "It happened at a time where my daughter had gone off to college so my parental responsibilities were lessening, and I really felt it was sort of OK for me to start looking at what was important in my life."

Townson said she wanted to do something that makes a difference in people's lives, and further exploration eventually put her on a new path. She is now a midlife coach with Life's New Chapter Coaching in Ottawa.

She talks to clients about what is prompting the change, and asks them to describe their ideal careers. As they begin to clarify that, they get a better sense of what they're looking for in that move. They sometimes recognize that they don't have to change companies, Townson noted.

"It just means having a conversation with their HR person to see what's available there and what's possible." THE CANADIAN PRESS

"Journalism is an all-consuming passion and you have to give it everything ... I thought it was time for me to have little bit more control so that I can be around for this little girl's childhood." ROSEMARY THOMPSON

Career coaching

- Career coach Michele Waters with Career Quest Coaching in Victoria said the desire for change may stem from the current environment causing frustration or burnout, feelings of a lack of reward, or perhaps someone has simply been at a place for too long and needs to switch things up. A common theme is people looking for new challenges, she said.
- "Certain personalities like a lot of diversity and change and new challenge and new opportunities, so quite naturally, they're going to be recreating themselves and going through career transitions often in their life."
- Waters suggests hiring a career coach or going to a community college offering a career transition workshop to get practical and professional help when considering making the move.

THE CANADIAN PRESS

Helps ID your expertise, talents in career search

Ottawa midlife coach Vickie Townson of Life's New Chapter Coaching has a skills inventory to help individuals identify their expertise and talents from their professional career and other areas of their lives.

Complete the following questions to uncover your skills, talents and expertise. Once completed, choose those you wish to use in your ideal career.

Current Career

- What abilities and expertise are involved in your current career?
- Describe your current position and outline your responsibilities.
- What personal qualities and attributes enhance your performance?
- What natural gifts and talents do you bring to the job?
- What positive feedback have you received that highlights your abilities?
- Consider: communication, computer, management, leadership, technical, people, organizational, planning, marketing, promotional, financial, training, and analytical skills.

Education and Training

You have skills and expertise from your earlier education. No doubt, you have had additional training and professional development since then.

- What courses have you taken?
- What additional training have you participated in?
- What are your skills and expertise from education and training?

Hobbies and Creative Projects

Your hobbies and creative projects are a showcase for your natural gifts and talents — talents you may take for granted.

- What hobbies do you enjoy?
- What artistic or creative projects have you been involved in?
- What skills and talents were used?
- Consider: writing, painting, drawings, singing, music, woodworking, sculpting, sewing, knitting, gardening and outdoor activities.

Volunteering and Community Activities

Volunteer jobs are opportunities to use your skills in new areas. You can also gain new experience while working in a different environment.

- Where have you volunteered?
- What role did you play?
- What skills did you use?
- What did you enjoy about the volunteer duties?

Taking an inventory such as this can really help you highlight what you can offer employers when you're looking to change your career. THE CANADIAN PRESS

News in brief

Canada good at getting degrees

EDUCATION According to a new report from the College Board, Canada is now the world leader in higher education among young adults, with 55.8 per cent of 25- to 34-year-olds holding a post-secondary degree as of 2007, the year of the latest international ranking. The U.S. has dropped from first to 12th place in the share of young adults with an associate degree or higher. When older adults are added to the equation, the Russian Federation leads with 54 per cent of 25- to 64-year-olds with a post-secondary degree in 2007, followed by Canada with 48.3 per cent. The U.S. places sixth with 40.3 per cent.
METRO NEWS SERVICES

UVic apps up

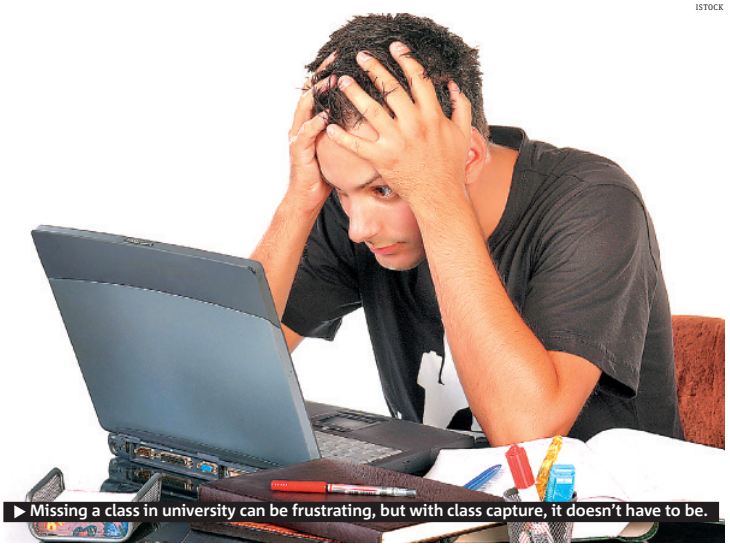
EDUCATION It's a bit tougher this year for prospective first-year students to qualify for admission to the University of Victoria, reports a local radio station. Applications are up over last year, which means the cut-off will be higher, perhaps requiring a 75 per cent average for students coming directly out of high school, up from the low 70s last year. Undergraduate applications to the university are up about 2.5 per cent, while graduate applications have risen by 7 per cent. UVic's law school has seen a whopping 30 per cent increase in applications. METRO NEWS SERVICES

The classroom revolution

This year, far more university classrooms will be 'captured' for online streaming video than ever — allowing students to view lectures from home

BRUCE WALSH
METRO WORLD NEWS

ISTOCK



▶ Missing a class in university can be frustrating, but with class capture, it doesn't have to be.

The need to attend class may be waning with the spreading class capturing practices.

"Right now this technology is rooted in higher education and, especially, highly technical education like medical schools and engineering schools where students are asked to memorize a lot of rote information," says Andy Petroski, director of learning technologies at Harrisburg University of Science and Technology in Harrisburg, Pa. "In those settings, if you miss 30 seconds of a class, you may have missed quite a bit of content."

At least two companies — Sonic Foundry and McGraw-Hill — are pushing hard for class capture to become ubiquitous in university classrooms, especially because licensing of the software is on a per-course basis, creating a potential boon. A number of delicate issues surround the larger implementation of class capture, including intellectual property rights of professors, along with fears of heightened scrutiny.

"If you're using class capture, you have to be aware that what you say in class can be played back.

You do have to think a little more about the content, not only because of the (added scrutiny), but you also have to create more visuals on the screen," says David Schuff, associate professor of management information systems at Temple University in Philadelphia.

Capturing class

- Class capture is the ability to record either the audio and/or video of a class session and deliver that recording in a digital format.
- "The fact that we went from one (class-capture) classroom in 2006, to 73 this year, tells you something about how popular it is," says Lev Gonick, chief information officer at Case Western Reserve University in Cleveland.

News in brief

MUN wins award for admission practices

EDUCATION The Canadian Association for Graduate Studies and the Educational Testing Service has honoured Memorial University's School of Graduate Studies for its contribution in graduation admissions practices. The school won the inaugural CAGS/ETS Award for Excellence and Innovation in Graduate Admission.

METRO NEWS SERVICES

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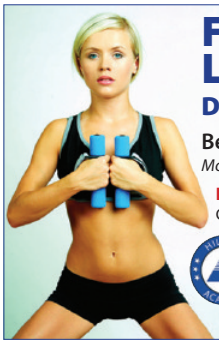
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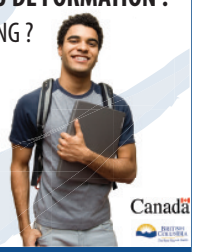
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4 sports

Tour de force as Contador wins

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Alberto Contador takes a victory lap yesterday.

Alberto Contador won his third Tour de France in four years yesterday, heralding the arrival of a new cycling superstar as seven-time champion Lance Armstrong competed in the race for the last time.

The 27-year-old Spaniard sealed the win by holding off a dramatic challenge from his main rival, Andy Schleck of Luxembourg, in Saturday's individual time trial.

"I'm very happy," said Contador, before hoisting the victor's cup with the Arc de Triomphe in the background.

"At times I had difficulty from a psychological and physical standpoint."

After 3,642 kilometres and three weeks of racing over mountains, cobblestones and flats in the Netherlands, Belgium and France, Schleck finished 39 seconds back in second place.

Victoria's Ryder Hesjedal, moving up one spot in Saturday's time trial, finished seventh overall for Canada's best showing since Steve Bauer's fourth in 1988.

Hesjedal started the race as a support rider for Garmin-Transitions star Christian Vande Velde, but took the initiative after the injured American had to withdraw after two stages.

Toronto's Michael Barry, a support rider for Team Sky star Bradley Wiggins, finished 99th overall.

THE ASSOCIATED PRESS

Welcome

Mixed results

The Whitecaps had a big W-League playoff win over the weekend, while the Lions dropped to 1-3 in CFL action.

METRO NEWS SERVICES

Up and down

Whitecaps
Melissa Tancredi scored a goal and set up another as the Whitecaps beat Pali Blues 2-1 to reach the Final Four Championship tournament.

Lions
Byron Parker's interception return for a touchdown rallied the Argonauts to a 24-20 win over the Lions on Friday night.

Scan code for news

Record round helps Swede take Open

Pettersson shot a 60 Saturday on way to victory Wilson finishes second after losing four-stroke lead

After narrowly missing out on a 59 at the RBC Canadian Open, Carl Pettersson got something even better — a victory.

The Swede closed with a 3-under 67 to pull out a one-shot win over Dean Wilson at St. George's Golf and Country Club.

Pettersson got into contention with a course-record 60 Saturday morning and made enough birdies down the stretch yesterday to earn his fourth career PGA Tour victory.

After starting the day four shots behind Wilson, he turned the heat up by making consecutive birdies at Nos. 13-15 and cruised home from there.

The victory was worth $918,000 US.

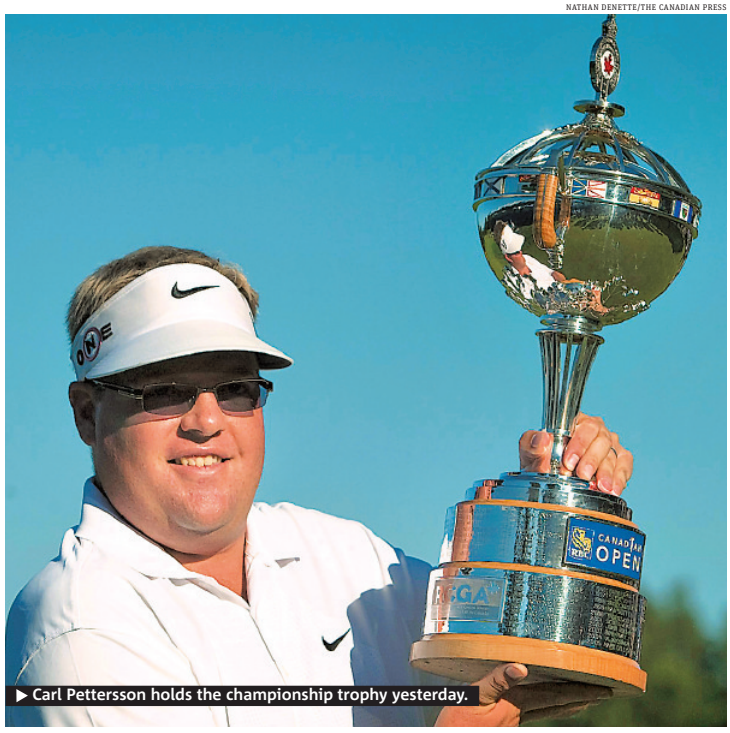
Pettersson was having an average week until Saturday morning. He just made the cut, but shot up the leaderboard with a record-setting round that saw him narrowly miss a 30-foot putt on No. 18 to shoot 59.

When he returned to the same green yesterday, he had enough of a cushion to three-putt from 60 feet. Pettersson raised his right arm in triumph after earning his first victory since the 2008 Wyndham Championship.

37
The low Canadian was 22-year-old Adam Hadwin of Abbotsford, B.C., who birdied the final two holes at his first PGA Tour event to shoot 71 and tie for 37th.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS



▶ Carl Pettersson holds the championship trophy yesterday.

Dixon wins Edmonton Indy

Scott Dixon won a controversial Honda Edmonton Indy after driver Helio Castroneves crossed the finish line first, but was penalized for blocking his teammate.

An enraged Castroneves, who ended up 10th, stormed from his car after the race to yell at IndyCar officials.

Castroneves took the lead from Team Penske teammate Will Power with 18 laps to go in the 95-lap race, but was called for blocking Power when Power tried to pass him on a restart with two laps to go.

With Power blocked by Castroneves, Dixon stormed past him to take second place as the checkered flag came out.

Toronto's Paul Tracy was the top Canadian, starting 15th in the 25-car grid and finishing 6th.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Scott Dixon

Sports in brief

Angels land Haren in trade

MLB. The Arizona Diamondbacks have traded right-hander Dan Haren to the Los Angeles Angels for three pitchers and a player to be named.

The Diamondbacks get left-hander Joe Saunders and right-hander Rafael Rodriguez, along with minor leaguer Patrick Corbin.

Ravens' top pick injured

NFL. Baltimore Ravens top draft pick Sergio Kindle hurt his head in a fall in Texas, a mishap that will prevent him from reporting to camp today.

It is believed the linebacker fell down two flights of stairs.

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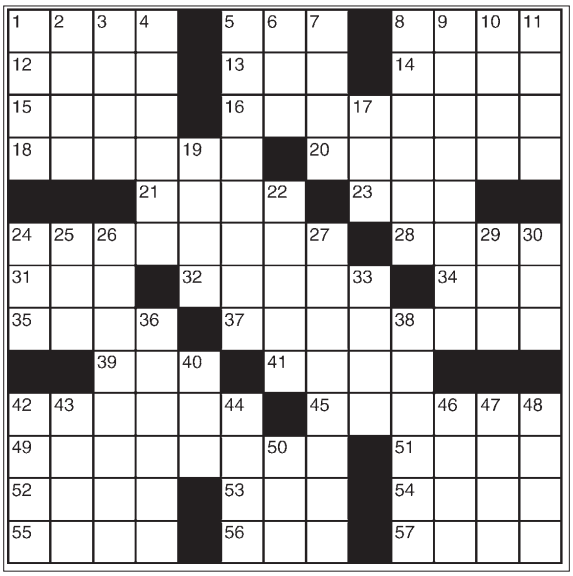
Crossword



Across
1 On the rocks
5 Periodical, for short
8 Pro —
12 Noted woman
13 Hostel
14 Individuals
15 —The Red
16 Recover quickly
18 Tie on
20 Values
21 "— the word!"
23 Homer's interjection
24 Abscond after release from jail
28 Bigfoot's cousin
31 Man-mouse link
32 These (Sp.)
34 Chaps
35 — -edged (top-quality)
37 Whale variety
39 Father
41 Lima's country
42 Hi-fi hookup
45 Public lecture hall
49 Neve or Naomi
51 "South Park" kid
52 Sandwich cookie
53 Can. neighbour
54 Fasting period
55 Frayed
56 Bear hair
57 Historic times

Down
1 Notion
2 Wagon
3 Send out
4 Leave suddenly
5 Olio
6 Raggedy —
7 Chew on
8 Whiskey cocktail
9 Curse
10 PC expert
11 Requests
17 Pea holder
19 Rubik's baffler
22 Don't slouch
24 Trot
25 Mentalist Geller
26 Seasickness
27 Arranged in thin layers
29 Sleuth, for short
30 Press coverage
33 Agile
36 Fisherman's catch
38 Belt holder
40 Society newcomer
42 Garbage barge
43 Poi base
44 Egg (Fr.)
46 Watchful one
47 Arm bone
48 Citi Field team
50 Baton Rouge sch.

▶ Yesterday's answer

E	P	S		B	U	L	B		H	O	B	O
B	O	T		E	P	E	E		A	F	A	R
B	R	A	I	N	P	A	N		S	T	A	B
S	T	R	O	D	E		E	A	T			
			W	E	D		F	R	Y	P	A	N
N	O	M	A	D		J	I	M		O	D	E
E	L	A	N		C	U	T		S	L	O	W
A	L	L		W	A	G		G	H	O	S	T
T	A	I	P	A	N		U	R	I			
			E	R	A		T	E	R	E	S	A
I	D	E	A		P	E	T	E	R	P	A	N
S	Y	N	C		E	V	E	N		I	R	E
M	E	S	H		S	E	R	E		C	A	W

Sudoku

7		1				4		6
3		8		7		1		2
			5		4			
		9	1		3	8		
		5	6		2	9		
			3		1			
1		2		6		5		3
9		4				7		1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	9	4	1	7	6	2	5
4	7	5	8	6	2	9	1	3
1	6	2	9	3	5	8	4	7
8	5	4	3	7	1	2	9	6
6	2	7	5	9	4	3	8	1
9	1	3	2	8	6	7	5	4
5	9	8	7	4	3	1	6	2
2	3	1	6	5	8	4	7	9
7	4	6	1	2	9	5	3	8

Send a KISS

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Angel, I love you so much. I know we fight a lot about the silliest things, but I promise you, I will always love you. Forever and always **TRISTAN**

To my little "Elligator", My little lady. The moments we have shared together have meant the world to me. Your smile and clever words always bring joy to my days. Many more moments to come. Always on my mind. The moon is ours. **CEDRICK "MOTH" FOLEY**

Sam, I really hope you get better soon, I hope that you feel better, after you are fully recovered from your car accident. You're my one true love, now and always. **LOVE JOHN**

Raven: Happy Birthday sweetie! I look forward to a lifetime of birthdays with you. You have made me the happiest woman alive. I love you so much. Love **YOUR DRAGON**

The Weather Network
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Today	Tuesday	Wednesday
Sunny	Sunny	Sunny
23° / 17°	24° / 16°	23° / 16°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 19 Your desire to get things done has rarely been higher and today's full moon will inspire you to try harder than ever, but don't overdo it. Jupiter in your sign warns you could go over the top in more ways than one.

♉ Taurus April 20-May 21 A Sun-Jupiter aspect coupled with the full moon will help you get more out of life, but don't go to extremes and give others the impression you want to take over the world.

♊ Gemini May 22-June 21 The good times just keep getting better and with the Sun and Jupiter firmly on your side as the new week begins you are largely free to do as you please without fear of the consequences – within reason, of course.

♋ Cancer June 22-July 22 Watch out you don't get emotional about things that don't really matter. It's unlikely that anything really bad will happen if you do but you may feel a bit silly later when you realize how far you went over the top.

♌ Leo July 23-Aug.23 The Sun in your sign allied to Jupiter will boost your energy and help you get a great many things done over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 The cosmic powers are smiling on you now and one way or another your efforts will be recognized and rewarded over the next few days. However, you must not – repeat, not – take on any new responsibilities. You're doing enough.

♎ Libra Sept. 23-Oct. 23 A perfect link between the Sun and Jupiter means that Lady Luck is smiling on you, and friendships and relationships will be especially productive over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 It's not often you reveal how you are feeling deep inside but the full moon will encourage you to do just that.

♐ Sagittarius Nov. 23-Dec. 21 Your confidence is sky high at the moment and no matter what challenges come your way over the next few days you will handle them with ease. Save yourself for the big stuff though.

♑ Capricorn Dec. 22-Jan. 20 You tend to spend a lot of time weighing up the pros and cons before taking action but in one particular area you will move super fast today.

♒ Aquarius Jan. 21-Feb. 18 Today's full moon in your sign will bring a few doubts about what you are doing.

♓ Pisces Feb. 19-March 20 You may prefer to steer clear of the limelight but it's unlikely you will get the choice today as events beyond your control thrust you into the spotlight.

SALLY BROMPTON

Caption contest

MATTHIAS RIETSCHEL/THE ASSOCIATED PRESS

You write it! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Tuesday, July 27 & Aug. 3 and 10, 11 a.m. – lobby, Building B	Broadway
TESOL	
Tuesday, July 27, 12 noon – room 526	Downtown
Addiction Counselling Skills and Community Counselling Skills	
Wednesday, July 28, 6:30 p.m. – room 420	Downtown
Practical Nursing / Access to Practical Nursing	
Wednesday, July 28, 5 p.m. – room 1228	Broadway
Hospitality Management Diploma	
Wednesday, July 28, 11 a.m. & Saturday, Aug. 7, 11 a.m. – room 429	Downtown
Culinary Arts	
Friday, July 30 & Aug. 6, 9:30 a.m. – room 305B	Downtown
Nursing – BScN	
Monday, Aug. 9, 4:30 p.m. – room 1228	Broadway

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